



SANTA FE DAM JG

BULLETIN

INCASE YOU MISSED OUR PARENT MEETING

MAIN PARK OFFICE PHONE NUMBER: 626-334-1065
EMAIL ADDRESS: SANTAFEDAMJGS@PARKS.LACOUNTY.GOV

WEBSITE:

parks.lacounty.gov/juniorlifeguards

UNIFORM HANDOUTS:

If you missed our pickup date, don't worry.
You can still get the uniform on the first day of the program.

ITEMS TO ADD TO YOUR BAG:

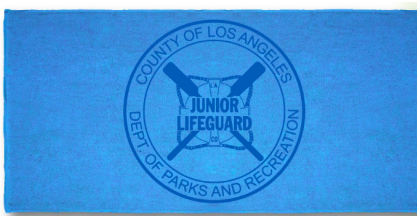
Mask
Individual Hand Sanitizer
Towels
Sunglasses
Sandals
Tennis Shoes
LOTS OF Water
Snacks
Sunscreen

EXTRA PURCHASES:

Each participant will receive a uniform with program registration (T-shirt, board shorts, Girls swimsuit). It is optional to purchase extra uniform items at uniform pick-up.

TYPICAL DAY:

Your JG will be running, swimming, paddle boarding and doing strength conditioning (push ups, jumping jacks etc.) They will learn CPR, first aid, victim recognition and rescue skills.



Purchasing Extra Items

(optional)

*Sizes may be limited, in some items. First Come First Serve

- JG T-SHIRT - \$10
- BOYS BOARD SHORTS - \$30
- GIRLS BOARD SHORTS - \$30
- GIRLS SWIMSUIT - \$30
- SWEATSHIRTS - \$25
- RASH-GUARD - \$20
- JG HAT - \$10
- JG VISOR - \$10
- JG BUCKET HAT - \$23
- JG TOWEL - \$20

AM	PM	Activity
7:30 – 7:50	11:30 – 11:50	DROP OFF - Boat Launch Parking lot
7:50 – 8 AM	11:50 – 12PM	Briefing and Line UP
8 AM – 8:45	12 PM – 12:45	Stretches/WORKOUT
8:50 – 9:30	12:50 – 1:30	1 st Activity - Paddle Boards
9:30 – 10:10	1:30 – 2:10	2 nd Activity - First aid / CPR
10:10 – 10:50	2:10 – 2:50	3rd Activity - Rescue Cans
10:50 – 11AM	2:50 – 3PM	Debrief/ Clean up / Pack Up
11-11:15	3 - 3:15	PICK UP - Boat Launch Parking lot

